

# Eating With Others

Eating healthy with others can sometimes be difficult. Here are some tips:

- Concentrate on the conversation and the company of the people you are with. Tell yourself that you are there because of the company, not just the food.
- Take your time eating your food. Enjoy the **TASTE**, and savor every bite.
- Put your fork down in between every bite.
- Spend more time talking than eating.
- Drink lots of water or another calorie-free beverage with your meal.
- Let others know you are eating healthier. Ask for their support.
- Try eating a small healthy snack **before** dining with other people so that you are not tempted to overeat.
- Always remember that you have ultimate control over what you eat.

